



Norfolk

Women's & Girls' Football League

#WeAreNWGFL

#WEARENWGFL Newsletter

www.nwgfl.net

Issue 2 - November 2019

Latest News

Hello and welcome to the November edition of the NWGFL Newsletter!

Firstly this month we would like to say how pleasing it was to see some of our teams attending the recent Lionesses sold out friendly fixture versus Germany played at Wembley and for being part of the record-breaking crowd that attended.

We would also like to extend our thanks to all of our teams who held a minutes silence before kick off in their fixtures over Remembrance weekend to honour those who had lost their lives in the line of duty.

Player Rule Clarification

Please note that any adult teams who have both a 7-a-side and 11-a-side team in our league can play their players in both our 7-a-side cup competition and 11-a-side cup competition as these are perceived as two separate competitions.

Womens Football Weekend (16-17 November)

With the men's international weekend creating a pause in the Premier League and EFL calendars, The FA recently called on supporters to capitalise on the opportunity to back Women's Football Weekend and to attend a women's match at any level in the pyramid on Saturday 16 and Sunday 17 November. After it's overwhelming success the weekend is set to become an annual event in the female football calendar.

A new Opposition Player of the Match Certificate is now available on our website nwgfl.net.

Critchell Makes World Cup Squad

As mentioned in last month's newsletter we are pleased to announce that Long Stratton player Kathryn Critchell has been named as part of the England squad to take part in the first Women's Walking Football World Cup to be held in Spain next year.

2019 Rainbow Laces Campaign

The 2019 Rainbow Laces Campaign taking place from Friday 22nd November to Sunday 8th December. We hope you'll show your support by engaging with the campaign throughout this period so that together, we can make football everyone's game. Participation from our clubs shows support in our local communities. Norfolk FA have created a toolkit to help you and those involved over the campaign period to make the most of your involvement in the campaign by promoting your fixture dates, conveying key messages and statistics and some suggestions for how you can showcase your commitment to LGBT+ inclusion. Read more on Page 3.

NCFA Chairman's Bulletin

To read November's Chairman's Bulletin from Norfolk County FA, click [here](#)

NWGFL Committee Members

Management Committee

Chairperson

Alison Moore

General Secretary

Netti Champion

Treasurer

Louise Riseborough

Welfare Officer

Julie Hutchin

Committee Members

Charge Officer

Media Officer

Ben Binder

FA Council Member

Social Media Officer

Caroline Aldous

Divisional Secretaries

U9 / U10 / U11 / U15

Louise Riseborough

U12A / U12B / Ladies 7's

Julie Hutchin

U13A / U13B / Ladies Division 2

Caroline Aldous

U14 / U16

Alison Moore

Ladies Division 1

Netti Champion

#WeAreAllVolunteers

Youth and Adult Team of the Month

Blofield United U14's

Home ground: Heathlands Community & Social Club, Woodbastwick Road, Blofield Heath, NR13 4QH

Team Colours: Red and Black

How long has the team been going?: This is the fourth season so since the 2016/2017 season (started at U11)

Longest serving players: Darcy Peters, Grace Laborde, Katie Hunt, Beth Freestone, Keira Martin, Laureena Reid and Alexa Huggett.

The team trains on a Friday night and work hard at improving their fitness and skills. Their work ethic is very good and the squad all want to learn and develop into better footballers. As a group they are very outgoing and are a friendly group who enjoy taking part in social activities and having fun. Over the last few years they have taken part in tours with some of the other girls teams within the Blofield setup. Most of all the girls enjoy how as a squad they have improved and that they can compete against all the other sides in the league. The coaches are particularly proud and pleased with the girls attitude to training and match days, where they are positive, hardworking and fun to work with. It's also nice to receive a lot of praise for the way in which the girls play from opposing clubs.

First Squad



Current Squad



Beccles Ladies

Our youth section is getting bigger each year and we currently have 5 youth teams playing at different age groups within the NWGFL, one of which has been formed thanks to the brilliant Wildcats programme set up by the FA.

We think we over achieved in our first season gaining promotion and only losing one league game. Last season was a huge learning curve for both the team and myself playing in Division 1 and getting relegated. But we've stuck together and added some great new players, some who have played at youth level for the club, which is pleasing to see. Currently we are improving week by week and are looking forward to be challenging near the top of the table.

Last season, thanks to our amazing sponsors at The Ingate Freehouse, we were entered into the BT sports pub cup which gave us massive exposure appearing on Robbie Savage's Saturday morning TV show and getting to play at Sheffield United's Bramall Lane, which was an amazing experience for us all.

Home ground: College Meadow, Common Lane Beccles, NR34 9RH

Team Colours: White and Black

Background to team formation: The ladies team began three seasons ago with girls stepping up from youth level, giving them a chance to continue playing for the club.

Longest serving players: Chelsea Caplin, Lucy Robbins, Vicky Ottey, Fran Heaney, Emily Coe, Marie Carter and Captain Megan Vincent who is closing in on 50 appearances for the club, all of these players started in our first season and are still heavily involved.

Want your team to feature in future newsletters? Email your Divisional Secretary!

#RainbowLaces 2019

The NWGFL are delighted to be a part of the 2019 Rainbow Laces Campaign. The campaign will take place from **Friday 22 November** to **Sunday 8 December**.

We hope you'll show your support by engaging with the campaign throughout this period so that together, we can make football everyone's game.

Participation from clubs and other organisations shows support in your local community. The FA have created a toolkit to help you and those involved over the campaign period to make the most of your involvement in the campaign, by promoting your fixture dates, conveying key messages and statistics and some suggestions for how you can showcase your commitment to LGBT+ inclusion. Watch out for Rainbow Laces themed posts across our social media!

[Click here](#) to visit the Norfolk FA website to view more information and to download the activation pack.

Norfolk County FA Corner

This month we have launched two very exciting projects to support the growth of Female Football. If you would like to get involved, please see more information listed below.

Harry



The FA Wildcats application opens for another season!

Are you wanting to help grow the game, if so why not get involved and join our current 24 Wildcat Centres. We are currently accepting new applications to be a part of The FA Wildcats Programme in Norfolk. Wildcat Centres are a key part of The FA's commitment to doubling Women's and Girls' football participation. A Wildcats Centre is an opportunity for girls aged 5-11 to have fun, develop fundamental skills, try a variety of sessions and lay the foundations for a life long love of sport. Sessions are delivered by qualified coaches on a weekly basis, either after school, during an evening or at weekends.

In addition to providing includes centres across the County we are also looking to support the launch of disability specific Wildcats centres. These centres would specifically cater to young players with disabilities and special educational needs.

For all of those participating, the aim is simple; have fun, make friends and play football. Find out more about Wildcats visit www.norfolkfa.com/players/youth/girls/wildcats.



Are you wanting to try something new this January?

theFDC@OpenAcademy is starting a new Women's Walking Football Session running every Friday for any female aged 16+!

Walking Football is exactly as the name suggests – you play football, walking. This inclusive, fun and sociable version of the game is slow-paced but lacks none of the passion or excitement of the original game.

Whether you're looking to keep active, stay fit, or simply want to play for the love of the game, walking football offers the perfect opportunity to take to the pitch.

The sessions at theFDC@OpenAcademy will run weekly start on Friday 10th January 2020 from 7pm to 8pm. If you are interested in giving Walking Football a go why not express your interest by clicking here - <http://po.st/womenswalkingfootball>.

Links to Leagues on Full Time

Under 12's A	Under 12's B
Under 13's A	Under 13's B
Under 14's	Under 15's
Under 16's	Ladies 7's
Ladies Division 1	Ladies Division 2